



OMG YOUTH SPORTS

THE POWER OF MOVEMENT SUMMER CAMP

A ONE-OF-A-KIND SUMMER CAMP EXPERIENCE IN LOS ANGELES!

THIS 5-DAY CAMP (9AM-3PM) IS SPECIALLY DESIGNED FOR CHILDREN WITH MILD TO MODERATE SPECIAL NEEDS—INCLUDING AUTISM, ADHD, ANXIETY, AND MORE. THROUGH MOVEMENT, EXERCISE, AND SENSORY-FRIENDLY PLAY, CAMPERS BUILD CONFIDENCE, IMPROVE EMOTIONAL REGULATION, AND CONNECT WITH OTHERS IN A SUPPORTIVE, STRUCTURED ENVIRONMENT. THERE'S NOTHING ELSE LIKE IT!

EACH WEEK'S SESSION WILL CONSIST OF A DIFFERENT THEME:

- **SESSION #1 – MOVEMENT AND MINDFULNESS – JUNE 2-6, 2025**
- **SESSION #2 – LIFE SKILLS THRU MOVEMENT – JUNE 30 – JULY 4, 2025**
- **SESSION #3 – TEAMWORK & CONFIDENCE WEEK – JULY 14-18, 2025**
- **SESSION #4 – MOVEMENT + THE ARTS – AUGUST 4-8, 2025**
- **SESSION #5 – SOCIAL EXPLORERS – AUGUST 25-29, 2025**

AGES GROUPS: 7-11, 12-18

HOSTED AT: FOX HILLS PARK

HOME PICK UP/ DROP OFF AVAILABLE FOR LA COUNTY FAMILIES (LIMITED SPACE)

REGISTRATION FEE: \$1200

SDP APPROVED – INSTALLMENT PLANS AVAILABLE

10% EARLY BIRD DISCOUNT UNTIL APRIL 25 – USE PROMO CODE: POMSUMMER10

REGISTRATION OPEN AT: WWW.OMGSPORTSLA.COM





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THE POWER OF MOVEMENT SUMMER CAMP SESSION #1 – ITINERARY MOVEMENT AND MINDFULNESS

MOVEMENT & MINDFULNESS WEEK

THEME: EXPLORING THE POWER OF PHYSICAL AND EMOTIONAL BALANCE

DAY 1 – WELCOME TO CAMP (FOX HILLS PARK)

ICEBREAKERS & MOVEMENT WARM-UP

GROUP TEAM-BUILDING GAMES (RELAY RACES, PARTNER OBSTACLE COURSE)

YOGA & GUIDED BREATHING EXERCISES

SENSORY ZONE ROTATIONS (FIDGET PLAY, QUIET MATS, KINETIC SAND)

DAY 2 – FIELD TRIP: CLIMB & EXPLORE

TRIP TO: SENDER ONE CLIMBING GYM (YOUTH-FRIENDLY ADAPTIVE CLIMBING WALL)

**FOCUS ON CONFIDENCE, GOAL SETTING, AND SENSORY REGULATION THROUGH
MOVEMENT**

DAY 3 – CREATIVE MOVEMENT & RHYTHM DAY

DRUM CIRCLE AND DANCE SESSIONS

MOVEMENT STORYTELLING: ACTING OUT ADVENTURES THROUGH BODY MOVEMENT

ART: “HOW MOVEMENT FEELS TO ME” PAINTING STATION

DAY 4 – FIELD TRIP: MOVEMENT IN NATURE

TRIP TO: KENNETH HAHN PARK NATURE TRAIL

GUIDED NATURE WALK WITH MINDFULNESS STOPS

SCAVENGER HUNT WITH MOVEMENT-BASED CLUES

PICNIC & STRUCTURED GAMES

DAY 5 – FIELD TRIP: WATER & PLAY DAY

TRIP TO: SPLASH PAD PARK

WATER GAMES, BEACH BALL RELAY, FRIENDSHIP BRACELET MAKING

CAMP AWARDS CEREMONY & SNACK PARTY



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THE POWER OF MOVEMENT SUMMER CAMP SESSION #2 – ITINERARY LIFE SKILLS THROUGH MOVEMENT

LIFE SKILLS THROUGH MOVEMENT

THEME: BUILDING INDEPENDENCE, SOCIAL CONFIDENCE, AND FITNESS

DAY 1 – GET TO KNOW YOU + LIFE SKILL GAMES (FOX HILLS PARK)

MOVEMENT-BASED INTRODUCTIONS

PARTNER EXERCISES AND SOCIAL STORIES

“HOW TO PACK A BAG” CHALLENGE

SNACK PREP ACTIVITY (HEALTHY CHOICE BUILDING)

DAY 2 – FIELD TRIP: GROCERY STORE CHALLENGE

TRIP TO: LOCAL FARMERS MARKET

BUDGETING GAME (VISUAL CARDS), SELECTING HEALTHY SNACKS

SOCIAL INTERACTION PRACTICE WITH STAFF AND PEERS

DAY 3 – MOVEMENT FOR LIFE

SELF-CARE YOGA AND EMOTIONAL REGULATION CHECK-INS

ROLEPLAY: MANAGING EMOTIONS IN PUBLIC (CALM CORNER DEMO)

TEAM OBSTACLE COURSES

BUILD-YOUR-OWN SMOOTHIE ACTIVITY

DAY 4 – FIELD TRIP: INDEPENDENCE ADVENTURE

TRIP TO: SKYZONE OR OBSTACLE FITNESS PARK

STRUCTURED CHALLENGES TO PROMOTE PERSEVERANCE

SOCIAL CHECK-INS AND SENSORY COOLDOWN SPACE

DAY 5 – CELEBRATION & SOCIAL DAY

TEAM GAMES, LEADERSHIP GAMES

GROUP MURAL PROJECT: “WHAT I LEARNED ABOUT ME”

KARAOKE OR TALENT SHOW

CLOSING AWARDS & GROUP PICNIC



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THE POWER OF MOVEMENT SUMMER CAMP SESSION #3 – ITINERARY TEAMWORK AND CONFIDENCE WEEK

TEAMWORK & CONFIDENCE WEEK

THEME: BUILDING SELF-ESTEEM, COMMUNICATION, AND COLLABORATION THROUGH MOVEMENT AND PLAY

DAY 1 – KICKOFF & CONNECTION (FOX HILLS PARK)

NAME GAMES AND MOVEMENT-BASED ICEBREAKERS

TEAM CHALLENGES (PARACHUTE PLAY, PARTNER RELAYS)

SENSORY ROTATIONS: CALMING TENT, KINETIC SAND STATION, BREATHING BALL ZONE

GROUP JOURNAL ACTIVITY: "WHAT MAKES ME STRONG?"

DAY 2 – FIELD TRIP: ADVENTURE COURSE CHALLENGE

TRIP TO: ADVENTUREPLEX (MANHATTAN BEACH)

ADAPTIVE ROPES COURSE AND CLIMBING WALL

TEAM-BASED OBSTACLE GAMES

SELF-PACING ZONES AND COUNSELOR-LED COOLDOWNS

DAY 3 – COMMUNICATION THROUGH MOVEMENT

NON-VERBAL TEAM GAMES (MIRROR DANCING, CHARADES WITH MOVEMENT)

EXPRESSIVE MOVEMENT ART (PAINT WITH MUSIC AND MOTION)

SOCIAL SKILLS ROLEPLAY CIRCLES

COUNSELOR-LED MINI GROUP TALKS: "WHAT MAKES A GOOD TEAMMATE?"

DAY 4 – FIELD TRIP: COOPERATIVE PLAY DAY

TRIP TO: INCLUSIVE PLAYGROUND OR SENSORY-FRIENDLY TRAMPOLINE PARK

PARTNER STATIONS AND SCAVENGER HUNTS

PACK-YOUR-OWN SNACK AND TEAM PICNIC

CHILL ZONE WITH SENSORY BOOKS, HEADPHONES, AND VISUALS

DAY 5 – TEAM SHOWCASE & CELEBRATION

TEAM RELAY COURSE

KIDS CO-LEAD A GROUP WARM-UP

GROUP AWARDS AND "POWER MOVES" CERTIFICATES

CAMP MURAL AND GOODBYE CIRCLE



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THE POWER OF MOVEMENT SUMMER CAMP SESSION #4 – ITINERARY MOVEMENT + THE ARTS WEEK

MOVEMENT + THE ARTS

**THEME: FUSING MOVEMENT, CREATIVITY, AND EXPRESSION TO SUPPORT EMOTIONAL
AND PHYSICAL GROWTH**

DAY 1 – INTRO TO MOVEMENT ARTS (FOX HILLS PARK)

MOVEMENT-BASED NAME GAMES

GROUP “MOVE & DRAW” (DANCE + ART EXPRESSION)

EMOTIONAL ZONES CHECK-IN + ART JOURNALING

PARTNER STRETCHING AND BODY AWARENESS

DAY 2 – FIELD TRIP: DANCE & SOUND EXPLORATION

TRIP TO: MUSIC RHAPSODY

ADAPTIVE MOVEMENT/DANCE SESSION

MUSIC & RHYTHM GAMES

VISUAL SUPPORT BOARDS FOR TRANSITIONS AND SCHEDULE

DAY 3 – ART IN MOTION DAY

COLLABORATIVE MURAL CREATION

NATURE MOVEMENT WALK WITH SKETCH STOP

“HOW I FEEL WHEN I MOVE” COLLAGE

CALMING PAINT OR CLAY STATION

DAY 4 – FIELD TRIP: MUSEUM + OUTDOOR MOVEMENT

TRIP TO: SKIRBALL CULTURAL CENTER + ADJACENT PARK

MUSEUM EXPLORATION WITH MOVEMENT MAP

PARK-BASED MOVEMENT GAMES & PICNIC LUNCH

GRATITUDE JOURNALING WITH CAMP COUNSELORS

DAY 5 – CAMP GALLERY & MOVEMENT SHOWCASE

CAMPERS PERFORM A SHORT MOVEMENT PIECE

ART GALLERY WALK OF THE WEEK’S PROJECTS

DIY TROPHY AND “POWER OF ME” WALL

SNACK CELEBRATION AND COUNSELOR SEND-OFF



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THE POWER OF MOVEMENT SUMMER CAMP SESSION #5 – ITINERARY SOCIAL EXPLORERS

SOCIAL EXPLORERS CAMP

**THEME: HELPING CAMPERS BUILD FRIENDSHIPS, COMMUNICATION SKILLS, AND
CONFIDENCE THROUGH GUIDED SOCIAL PLAY AND GROUP MOVEMENT**

DAY 1 – GETTING TO KNOW YOU GAMES (FOX HILLS PARK)

**ICEBREAKER STATIONS USING MOVEMENT (DANCE DICE, NAME BALL, GROUP HOP)
“WHAT’S IN MY TOOLBOX?” – LIFE SKILL VISUAL BUILDING ACTIVITY
STORYTIME WITH MOVEMENT (“IF YOU GIVE A KID A FRIENDSHIP...”)
COUNSELOR-LED FRIENDSHIP CIRCLE AND CALMING YOGA**

DAY 2 – FIELD TRIP: ADVENTURE TEAM DAY

**TRIP TO: ADVENTURE PLAYGROUND (HUNTINGTON BEACH OR WESTSIDE VERSION)
FREE-PLAY ZONES WITH SOCIAL CUES AND PEER PAIRING
BUDDY SCAVENGER HUNT WITH SOCIAL GOALS
PICNIC LUNCH AND REFLECTION DRAWING**

DAY 3 – COMMUNICATION IN ACTION

**ROLEPLAY STATIONS: TAKING TURNS, ASKING TO PLAY, SHARING TOOLS
GROUP DANCE CIRCLE + MIRRORING MOVEMENT
GROUP PUZZLE AND “CAMP KINDNESS TREE”
SOCIAL COMIC CREATION WITH SUPPORT**

DAY 4 – FIELD TRIP: MINI GOLF & MOVEMENT GAMES

**TRIP TO: SENSORY-FRIENDLY MINI GOLF OR ACTIVITY CENTER
PEER-PAIRED GAMES WITH STRUCTURED TRANSITIONS
ICE CREAM SOCIAL OR SNACK PICNIC
BREATHING TECHNIQUES + SENSORY COOL DOWN**

DAY 5 – FRIENDSHIP FEST & CAMP CARNIVAL

**CAMPER STATIONS (EACH GROUP CREATES A MINI GAME)
GROUP TALENT SHOW OR DANCE PARTY
SOCIAL “SHOUT-OUT WALL” – CAMPERS WRITE KIND THINGS ABOUT EACH OTHER
GOODBYE AWARDS AND FRIENDSHIP BRACELETS**